

Fit-N-Fun Lesson Plans

Snack Attack

Audience: Families with children ages 3 through 5 years

Objectives:

- Provide experiences that identify the connection between healthy snack foods as energy and exercise.
- Provide exercise experiences to encourage physical activity and energy balance among parents with their children
- Participants will select an activity from the Fit WIC Activities book to try at home.

Time: ~15 minutes

Materials:

- Fit WIC Activities book and kit
- Fit WIC display board with Activity Pyramid
- Optional materials:
 - Book: We Like to Eat Well
 - Recipe: Fruit Smoothies

Lesson Plan:

1. Welcome, Introduction (1 minute)
 - a. Introduce self and welcome participants to Fit-N-Fun Playtime!
2. Warm Up Activity (3 minutes)
 - a. "Tell us your name and tell us what is your favorite snack"
3. Discussion Points (5 minutes)
 - a. Briefly state the purpose and length of Fit-N-Fun activity.

"Feeling good means drinking low fat milk and doing activities together as a family. So, today we are going to talk about the snacks we eat and some Fit-N-Fun Activities. Your body needs exercise/activity as much as it needs food!"
 - b. "Think about the snacks you and your child had yesterday".

- c. "Snacks are mini meals for your child's small stomach so make them count. Foods you serve at meals are often great for snacks too."
- d. Identify "sometimes" snacks and discuss balancing "sometimes" with "anytime" snacks
- e. Good snacks: Pick something from the pictures on the kids food pyramid to offer for a healthy snack. Combine 2 or more for an even better snack/mini meal."
- f. Reaction statements: "I have some statements I'd like to get your reaction to. The first one is: 'Very few children eat fruits and vegetables as snacks.' 'What/how does this statement make you think and feel?' The second statement is: 'WIC recommends that snacks be a mini-meal and that snack foods come from one or more food groups.' What/how does this statement make you think and feel?"

3. Fit-N-Fun Activity (5 minutes)

- a. Choose from the following activities from the Fit WIC Parents Guide to conduct with caregivers & children:
 - Toss n Catch (p. 42)
 - Limbo (p. 32)
 - Tight Ropes (p. 32)
 - Balancing Act (p. 34)

4. Closing & Take home message (2 minutes)

- a. Give Fit WIC Activities book and kit
- b. Have participants choose an activity from the Fit WIC Activities to do at home.
- c. Give supplemental educational materials (may include recipes, children's book, fact sheet)
- d. Balance energy in and energy out: Play Every Day & Choose snacks that count

Snack Attack Recipes

Healthy and delicious!

Fruit Smoothies

Fruit smoothies are a great treat, but good for you too.

Serving size: 1 $\frac{1}{4}$ cup

Almost any fruit can be used.

Put some of your fruit in the freezer before using to make your smoothie cold.

2 cups skim or 1% milk

1 cup juice, unsweetened

4 cups of fruit

In a blender, combine the milk, fruit and juice. Blend until smooth.

Nutrition information per serving: Calories-150, 6 grams protein, 0.5 grams fat, 32 grams carbohydrates, 65 milligrams sodium, 0 milligrams cholesterol.

Honey Oatmeal Raisin Muffins

Serves: 12 Serving size: 1 muffin

1 $\frac{1}{2}$ cups quick-cooking oats

1 cup all-purpose flour

1/3 cup firmly packed brown sugar

1 Tablespoon baking powder

$\frac{3}{4}$ teaspoon salt

2/3 cup skim or 1% milk

1/3 cup applesauce

1 egg, beaten

$\frac{1}{4}$ cup honey

$\frac{1}{2}$ cup raisins

$\frac{1}{2}$ cup chopped walnuts (optional)

Vegetable cooking spray

1. Preheat oven to 400 degrees.
2. Combine all dry ingredients in large mixing bowl: oats, flour, brown sugar, baking powder, and salt. Mix well.

3. Add milk, applesauce, egg, and honey to dry ingredients: mix until moistened.
4. Add raisins and nuts, mix well.
5. Spray vegetable cooking spray into 12 medium size muffin cups. Fill each cup 2/3 full with muffin batter.
6. Bake in oven for 15 to 18 minutes or until golden brown.

Nutrition information per serving: 200 calories, 5 grams protein, 5 grams fat, 35 grams carbohydrates, 260 milligrams sodium, 20 milligrams cholesterol.